

measles

What is It and How to Protect Yourself

- Measles is a very contagious virus and can be serious.
- Anyone who is not protected against measles is at risk, especially babies and young children.

How is Measles Spread?

- Measles spreads through the air we breathe.
 - When an infected person coughs or sneezes.
 - This can happen even up to 2 hours after that person has left the room.
- Direct contact with contaminated surfaces
- Person to person contact

What are the Measles Symptoms?

Symptoms usually begin 10 – 14 days after exposure. Measles can be fatal. Complications and severe illnesses are most common in children under 5 years of age.



Red, watery eyes



Coughing



Runny nose



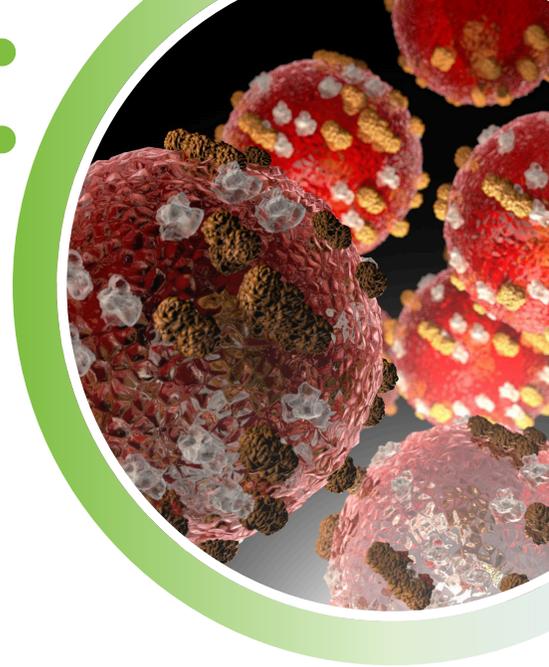
Red, blotchy rash that starts in the face



High fever



White spots inside cheeks



measles

How Do I Protect Myself & My Family?

- The MMR vaccine is safe and effective:
 - 1 dose of MMR provides you 93% effectiveness
 - 2 doses of MMR provides you 97% effectiveness
- Children should be vaccinated at 1 year of age for the 1st dose & 4 years for the 2nd dose.

Do I Need a Measles Booster?

Everyone can get measles if not protected:

- No booster needed or considered immune if:
 - Born before 1957
 - History of measles infection as a child
 - Documented 2 doses of MMR vaccine

Measles booster may be obtained if:

- Those unsure of vaccination status born after 1957.
 - Look for old records before requesting booster
- Individuals vaccinated between 1957 – 1968
 - An ineffective vaccine was used.
- Traveled to outbreak areas



Before getting any vaccine, be sure to talk with your doctor to see what's right for you.

I Think I Might have Measles or My Child Might Have Measles

✓ Isolate

ISOLATE YOURSELF FROM OTHERS and call your healthcare provider or urgent care before arriving to be evaluated.

✓ Give Notice

Do not arrive at a health care facility without giving advance notice.

✓ Additional Information

CDC website: [cdc.gov/measles](https://www.cdc.gov/measles)

Call NMDOH (New Mexico Department of Health): 1-822-796-8773 (se habla Español)

City of Albuquerque: [cabq.gov/measles](https://www.cabq.gov/measles)